

CEC

COMMUNITY & ENRICHMENT CENTER
WEEKLY NEWSLETTER
OCTOBER 29, 2021

TRICK OR TREAT SAFETY

10 frighteningly easy tips to help make sure your child has a safe, fun Halloween.

RECIPE: LEFTOVER HALLOWEEN CANDY BROWNIES

These were super easy to put together and were delicious! It's a great way to use up leftover Halloween candy.

FREE ONLINE CLASS: AFTERNOON STRETCH

Senior Planet is offering this stretch class online, for free. It includes 30 minutes of simple stretches and breathing meditations.

WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus our November Meet and Eat Schedule





TRICK OR TREAT SAFETY

HERE ARE 10 FRIGHTENINGLY EASY TIPS TO HELP MAKE SURE YOUR CHILD HAS A SAFE, FUN HALLOWEEN.

1. ENHANCE VISIBILITY. CHOOSE COSTUMES THAT ARE VISIBLE AT NIGHT SO DRIVERS CAN SEE THEM IN THE DARK. HAVING KIDS CARRY A FLASHLIGHT OR WEAR GLOW-IN-THE-DARK BRACELETS, OR OTHER REFLECTIVE GEAR, IS ALSO A SMART WAY TO MAKE SURE YOUR CHILD IS EASY TO SEE.
2. CLEAR EYES. NOT ONLY SHOULD YOUR CHILD BE VISIBLE, BUT THEY SHOULD ALSO BE ABLE TO SEE EVERYTHING AROUND THEM. MAKE SURE THE EYE HOLES IN THEIR MASKS ARE WIDE ENOUGH. OR, BETTER YET, PAINT THEIR FACE USING KID-FRIENDLY, GLOW-IN-THE-DARK FACE PAINT.
3. INSPECT COSTUMES. KEEP COSTUMES SHORT AND SNUG. BAGGY SLEEVES AND LONG CAPES AND SKIRTS CAN CAUSE KIDS TO TRIP AND CAN CATCH FIRE IF THEY BRUSH UP AGAINST A JACK-O-LANTERN.
4. MAKE SURE SHOES FIT. BIG FLOPPY SHOES THAT ARE HARD TO WALK IN MAY CAUSE KIDS TO FALL.
5. CHECK PROPS. MAKE SURE PROPS ARE FLEXIBLE. COSTUME PROPS CAN HURT KIDS BADLY IF THEY FALL. PROPS SHOULD BE MADE OF PLASTIC OR RUBBER.
6. STAY TOGETHER. DON'T ALLOW KIDS UNDER 13 TO WALK ALONE. MAKE SURE TO TRICK-OR-TREAT IN GROUPS WITH ADEQUATE ADULT-TO-CHILD RATIO. AND, HAVE KIDS OLDER THAN 13 GO WITH BUDDIES.
7. LOOK TWICE. TEACH YOUR KIDS TO LOOK LEFT, RIGHT AND LEFT AGAIN BEFORE CROSSING AT STREET CORNERS. DON'T LET YOUR KIDS CROSS BETWEEN PARKED CARS. ENCOURAGE KIDS TO USE THE SIDEWALK WHEN POSSIBLE. DRIVERS SHOULD ALSO LOOK TWICE, SLOW DOWN, AND BE EXTRA CAUTIOUS ON HALLOWEEN NIGHT.
8. INSPECT CANDY. HAVE CHILDREN AVOID EATING CANDY UNTIL YOU'VE HAD THE CHANCE TO INSPECT IT FIRST.
9. NEVER ENTER HOMES. TEACH KIDS THAT THEY SHOULD NEVER ENTER A STRANGER'S HOME WHILE THEY ARE OUT TRICK-OR-TREATING. THE RULES OF "STRANGER DANGER" APPLY JUST AS MUCH HALLOWEEN NIGHT AS THEY DO EVERY DAY.
10. BE CAUTIOUS WITH FOOD ALLERGIES. IF YOUR CHILD HAS A FOOD ALLERGY AND IS PLANNING ON GOING TRICK-OR-TREATING, BE CAUTIOUS. ALTHOUGH SOME HOMES NOW OFFER CANDY ALTERNATIVES, YOU SHOULD STILL CARRY YOUR CHILD'S AUTO-INJECTABLE EPINEPHRINE IN CASE AN ACCIDENT HAPPENS.

SOURCE: [CHILDREN'S HOSPITAL ASSOCIATION](#)



LEFTOVER HALLOWEEN CANDY BROWNIES

Ingredients:

- 36 ounces pouches brownie mix
- 2/3 cup water
- 2/3 cup vegetable oil
- 2 eggs
- 15-20 fun size candy bars cut into small pieces I used snickers, milky way, reeses and m&m's

Directions:

1. Pre-heat oven to 325°. Prepare a 9×13 baking pan by spraying with non-stick cooking spray or lining with foil. Place water, oil and eggs in a large mixing bowl and whisk together. Add brownie mix and stir until well blended. Spread half of the brownie mix into the pan and then layer on half of the candy bars. Then pour the rest of the brownie batter in the pan and add the remaining candy bars on top.
2. Bake for 50-60 minutes. Remove from oven and allow to cool.
3. Enjoy

**SENIOR PLANET
EVENT | FREE**

AFTERNOON STRETCH



Date & Time

Tue November 2 | 2:00pm–2:30pm MDT

Location

Online

Description

Join us for this afternoon stretching and breathing session, which will include 30 minutes of simple stretches and breathing meditations. We start promptly so please log on at least five minutes early, if possible! This class is offered on Tuesday and Thursday as part of our Team Senior Planet program.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

OR

Call in with a phone:

1-646-558-8656

Meeting ID: 170 361 931

WHAT'S HAPPENING?



ENGLISH AS A SECOND LANGUAGE CLASS (ESL)

ESL classes are held every Tuesday and Thursday at 8:30am. For more information or to sign up please contact Ms. Van Deraa at 970-630-4091

MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



MORNING STRETCH

Morning stretch meets every Tuesday at 8:30am.

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.




MEET AND EAT NOVEMBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
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Office 970-848-2277

| NOVEMBER 2021 YUMA MEAL SITE | | | | |
|---|--|--|--|--|
| FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M. | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1 SOFT SHELL TACOS SALSA REFRIED BEANS COBBLER CORN FRUIT CUP Calories: 699 Carb: 97.0g Fiber: 12.2g Protein: 38.1g Fat: 20.4g Sod: 994mg | 2 BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS BIRTHDAY RECOGNITION Calories: 609 Carb: 97.1g Fiber: 11.5g Protein: 32.5g Fat: 12.5g Sod: 480mg | 3 CITRUS PEPPER SALMON FILET BAKED POTATO CAROLINA SALAD BRAN MUFFIN FRUIT COCTAIL SENIOR MEETING - 12:00 Calories: 609 Carb: 95.0g Fiber: 9.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg | 4 CHICKEN POT PIE MARINATED VEGETABLE SALAD FRUIT CUP BROWNIE Calories: 774 Carb: 90.7g Fiber: 9.6g Protein: 36.7g Fat: 32.4g Sod: 585mg | 5 SLOPPY JOE SANDWICH POTATO SALAD SPINACH MANDARIN ORANGES w/ BANANAS Calories: 610 Carb: 98.0g Fiber: 12.0g Protein: 34.5g Fat: 13.1g Sod: 968mg |
| 8 BEEF GOULASH GREEN BEANS & CORN ROLL PEACH SLICES APPLE GRANOLA COOKIES Calories: 691 Carb: 93.6g Fiber: 11.3g Protein: 33.3g Fat: 24.1g Sod: 793mg | 9 BARBECUE PORK CHOPS SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 721 Carb: 97.2g Fiber: 10.6g Protein: 37.0g Fat: 23.5g Sod: 992mg | 10 LASAGNA TOSSED SALAD w/ DRESSING PEAS GARLIC BREAD PEAR SLICES Calories: 654 Carb: 90.9g Fiber: 13.4g Protein: 35.7g Fat: 19.0g Sod: 532mg | 11 CHOICE: HAMBURGER STEAK OVEN FRIED LIVER SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 18.8g Sod: 670mg | 12 HAM POTATO OMELET SALSA BROCCOLI APPLE SALAD BRAN MUFFIN BANANA SPLIT FRUIT CUP Calories: 661 Carb: 86.1g Fiber: 9.7g Protein: 30.2g Fat: 25.2g Sod: 1134mg |
| 15 HOT ROAST BEEF SANDWICH FRITO SALAD BRUSSEL SPROUTS FRUIT CUP Calories: 619 Carb: 87.6g Fiber: 11.6g Protein: 35.8g Fat: 16.3g Sod: 803mg | 16 TUNA NOODLE CASSEROLE CAROLINA SALAD WW ROLL PINEAPPLE TIDBITS COOKIE w/ RAISINS Calories: 785 Carb: 106.8g Fiber: 9.5g Protein: 35.7g Fat: 27.2g Sod: 756mg | 17 SHEPHERD'S PIE CARROT RAISIN SALAD ROLL STRAWBERRY APPLESAUCE Calories: 617 Carb: 104.6g Fiber: 10.0g Protein: 29.7g Fat: 12.6g Sod: 807mg | 18 ROAST PORK MASHED POTATOES & GRAVY BROCCOLI CARAWAY ROLL WINTER FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES Calories: 710 Carb: 94.1g Fiber: 9.5g Protein: 35.7g Fat: 23.2g Sod: 756mg | 19 WHITE CHILI w/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS BUTTERSCOTCH BROWNIES Calories: 732 Carb: 102.9g Fiber: 11.3g Protein: 32.0g Fat: 23.5g Sod: 764mg |
| 22 HAMBURGER ON A BUN POTATO SALAD CALIFORNIA VEGETABLES PEAR SLICES Calories: 701 Carb: 85.1g Fiber: 10.2g Protein: 42.5g Fat: 23.2g Sod: 733mg | 23 ROAST TURKEY DRESSING MASHED POTATOES & GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIES Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg | 24 BEEF O'LE REFRIED BEANS FRUIT CUP Calories: 617 Carb: 84.1g Fiber: 13.2g Protein: 37.7g Fat: 16.3g Sod: 623mg | 25  | 26 HAMBURGER STEAK BOILED POTATOES PEAS WW ROLL ORANGE JUICE /BANANA JELLO SALAD Calories: 724 Carb: 84.9g Fiber: 11.0g Protein: 44.7g Fat: 23.8g Sod: 390mg |
| 29 SPANISH RICE w/ GROUND BEEF TOSSED GREEN SALT w/ DRESSING ONION ROLL PLUMS OATMEAL NUT COOKIES Calories: 658 Carb: 91.5g Fiber: 9.5g Protein: 30.6g Fat: 21.6g Sod: 545mg | 30 HAM SCALLOPED POTATOES WINTER MIX VEGETABLES OATMEAL ROLL MANDARIN ORANGES NATURE COOKIES Calories: 668 Carb: 101.3g Fiber: 10.2g Protein: 31.6g Fat: 18.4g Sod: 1134mg | <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p> | | <p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p> |